

# Pumpkin-Pecan Pie

*All-Time Favorites Cookbook Volume 3 (2008)*

*Better Homes and Gardens Magazine*

## Servings: 8

*1 single pie crust*  
*3 eggs, lightly beaten*  
*1 can (15 ounce) pumpkin*  
*1/2 cup sugar*  
*1/2 cup dark corn syrup*  
*1 teaspoon vanilla*  
*3/4 teaspoon ground cinnamon*  
*1 cup chopped pecans*

Preheat the oven to 350 degrees. Prepare the pastry. To transfer the pastry, wrap around a rolling pin. Unroll the pastry into a 9-inch deep-dish pie plate. Ease the pastry into the plate without stretching it. Trim the pastry to one inch beyond the edge of the pie plate. Fold under the extra pastry. Crimp as desired.

For the filling, in a large bowl, stir together the eggs, pumpkin, sugar, corn syrup, vanilla and cinnamon. Mix well.

Place the pastry-lined pie plate on the oven rack. Carefully pour the filling into the pastry shell. Sprinkle with the pecans.

Bake for 50 to 55 minutes or until a knife inserted near the center of the pie comes out clean. Cool the pie on a wire rack.

To store, cover and chill the pie within two hours of serving.

---

Per Serving (excluding unknown items): 239 Calories; 12g Fat (42.8% calories from fat); 4g Protein; 32g Carbohydrate; 1g Dietary Fiber; 80mg Cholesterol; 58mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Fat; 2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	239	Vitamin B6 (mg):	.1mg
% Calories from Fat:	42.8%	Vitamin B12 (mcg):	.2mcg

**% Calories from Carbohydrates:** 51.4%  
**% Calories from Protein:** 5.8%  
**Total Fat (g):** 12g  
**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 80mg  
**Carbohydrate (g):** 32g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 4g  
**Sodium (mg):** 58mg  
**Potassium (mg):** 143mg  
**Calcium (mg):** 25mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 343IU  
**Vitamin A (r.e.):** 51 1/2RE

**Thiamin B1 (mg):** .1mg  
**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 17mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 2  
**% Refused:** 0.0%

---

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 2

---

## Nutrition Facts

Servings per Recipe: 8

---

### Amount Per Serving

**Calories** 239 **Calories from Fat:** 102

---

#### % Daily Values\*

<b>Total Fat</b>	12g	18%
Saturated Fat	1g	7%
<b>Cholesterol</b>	80mg	27%
<b>Sodium</b>	58mg	2%
<b>Total Carbohydrates</b>	32g	11%
Dietary Fiber	1g	5%
<b>Protein</b>	4g	
<hr/>		
<b>Vitamin A</b>		7%
<b>Vitamin C</b>		3%
<b>Calcium</b>		2%
<b>Iron</b>		5%

\* Percent Daily Values are based on a 2000 calorie diet.